



HB CERT HIGHLIGHTS

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CLASS 1

CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

December 2014

CERT Moves to Strengthen Under Incident Command System

By Stephanie Vazquez

The Incident Command System (ICS) is a flexible management framework utilized by the military and non-governmental organizations. Under ICS, a disaster response may operate as units and teams with fluidity under four section chiefs which include planning, operations, logistics, and finance. Each section chief reports to an Incident Commander (IC).

The IC, in essence, manages the response. However, if needed, an IC may step down (hand off the position) to a section chief. Similarly, if a section chief must be rotated to IC or steps down, a member from a team can be rotated into the vacant position. The beauty of ICS is not solely in its hierarchical organization, but also in its ability to rotate leadership when needed. In an actual disaster, this fluidity is advantageous if the exhaustion, stress and mental health of an IC or section chief becomes a concern.

The Huntington Beach Community Emergency Response Team (CERT) is adopting the ICS structure for non-emergency and emergency situations. In transitioning CERT to an ICS structure, not only is the mission in CERT fulfilled in providing adequate resources and a strong team for the Huntington Beach community, but also volunteers can rest assured there is a valuable job for them to do in CERT.

The November 13th CERT general meeting was attended by 60 CERT members. Emergency Services Coordinator, Brevyn Mettler, introduced the application of the ICS structures to CERT. Members were given the opportunity to learn about the various positions under the three branches which include operations, planning, and logistics. The overall sentiment and enthusiasm from the CERT membership was overwhelming. CERT members came with willingness and filled with positivity how they can help strengthen their CERT program.

As we move on to this new chapter in CERT, emergency management staff and volunteers look forward to seeing the organization grow

both in numbers and opportunities. Our CERT volunteers are outstanding citizens in our community. Their dedication to the program was evident from the enthusiasm and ownership displayed at the general meeting. As 2014 comes to a close, both emergency management staff and volunteers look forward to another great year with the program.

To inquire regarding available roles and teams, please contact Stephanie Vazquez at Stephanie.vazquez@surfcity-hb.org

Holiday Party, December 13, 2014

Our holiday party is coming up! Please see the flyer in this edition. We need volunteers to help with decorating at 3:30 pm and clean up after the party. If you are available, please contact Paul LaGreek at: plml2k@verizon.net

Huntington Beach Hospital Drive-Through Flu Shot Clinic

By Virginia Petrelis

On November 8, 2014, CERT volunteers, once again, provided traffic control for Huntington Beach Hospital's drive-through flu clinic. Free flu shots were given to approximately 150 people. It couldn't have been easier for those people who took advantage of getting the shot without even having to get out of their cars.

Volunteers who set up barriers, directed traffic and provided communications were: Richard Batistelli, Al Collins, Mike Depin, Bob Dow, Nancy Grijalva, Hannah Kilbourne, Paul LaGreek, Ken Mailman, Bob Parker, Peter Petrelis, Virginia Petrelis, Raji Shunmugavel, Linda Vircks, and Linda Vollmar. CERT members have been involved in this community assisted effort for four years. Thanks to all who volunteered on a Saturday morning.

12 Days of Holiday Safety

It's easy to make safety a part of your holiday with these tips. Tackle one a day and you're well on your way to a safe New Year!

ESFi
EMERGENCY SAFETY FUND



Day 1 What's that noise?

Test your smoke and carbon monoxide alarms. Make sure everyone knows what to do if they hear them.

Day 5 Ouch!

Prevent trips and falls by keeping cords safely along walls and out of doorways and high traffic areas.

Day 9 Nice and warm.

Keep space heaters at least 3 feet away from anything that can burn—decorations, trees, gifts, and curtains.

Day 2 What a shocker!

Before use, inspect all electrical lights, decorations, and extension cords for damage.

Day 6 Kids eat the darndest things!

Avoid putting lights, metal hooks, breakable ornaments, and other small decorations within reach of young children.

Day 10 Can't touch this!

Consider installing tamper-resistant outlets/receptacles to prevent kids from inserting objects into the slots.

Day 3 Two's company, three's a crowd.

Do not overload outlets with too many decorations or devices.

Day 7 Thirsty?

Keep your Christmas tree stand full of water. A fresh, green tree poses less of a fire hazard than a dry tree.

Day 11 Escape Route:

Share your family fire escape plan with overnight guests.

Day 4 Is it working?

Test your ground fault circuit interrupters (GFCIs) and arc fault circuit interrupters (AFCIs) to make sure they're protecting you.

Day 8 Make a wish!

Blow out the candles before leaving a room or going to bed.

Day 12 Hot stuff!

Keep children away from cooking areas; use back burners and turn pot handles in away from little hands.

There's no greater gift you can give your family than a safe and happy holiday! Learn more at holidaysafety.org.

Other Holiday Safety Tips

By Anna Pinter

- Wisely select a tree for freshness, make sure when you tap the tree on the ground, needles do not fall out of the tree.
- Make a fresh cut of an inch or two from the bottom before placing the tree in the stand. This will help with absorption. **Water a live tree every day to help prevent fire.**
- Check decorations for certification labels such as: Underwriter Laboratories (UL) tested for safety.
- Protect cords from damage. Cords should never be forced into small places such as windows or doors, shoved under rugs, or attached by pins, nails or staples.
- Use battery operated candles for your decorations. Candles start almost half of home decoration fires.
- Holiday decorations that are plugged into an electric outlet have been known to start fires.
- Keep combustibles at least three feet from heat sources, especially fireplaces.
- Turn off, unplug, and extinguish all decorations before leaving your home or going to sleep.
- Watch your small children or animals so they do not try to eat bright shiny glass ornaments and other decorations.
- Do not dispose of tree by burning in fireplace.

Holiday Tips for Animal Safety

By Anna Pinter

Holidays are a great time for fun and festive excitement for everyone. Unfortunately, the holidays are a busy time for veterinarians. Using a few holiday pet safety tips can prevent an emergency trip to the veterinarian. Food and decorations that are so much fun for us can be dangerous to our pets.

Dangerous Holiday Foods

These foods should never be given to your pet:

- Rich fatty foods, like gravy or grease, can cause stomach problems and pancreatitis.
- Alcohol can cause intoxication. Pets are attracted to sweet taste of drinks, especially eggnog. Be sure to clean up and rinse all glasses after a party.
- Chocolate, coffee, and tea all contain methylxanthines which are dangerous to animals. Keep all chocolate out of your pet's reach. For information, see http://www.merckmanuals.com/vet/toxicology/food_hazards/chocolate.html.
- Bones from chicken, meat and fish can cause problems when swallowed (bird bones are hollow and break easily). Give dogs treats made for dogs. Treats made for dogs do not cause slivers when chewed, lodge in the stomach or intestines.

Holiday trash is filled with things that are dangerous to dogs and cats. Many items smell good and attract your furry friends. Make sure your dog or cat cannot get into the trash.

Poisonous Plants

Many of the plants that make your homes festive are poisonous to our pets. NEVER let your pet chew on or eat these holiday plants: Holly, Mistletoe, Poinsettias and Hibiscus. When you brighten your home, place these plants out of your pet's reach.

Gifts under the Tree

Animals are very inquisitive about gifts under the tree. If you put presents under the tree for your furry friends, and they can smell what is in the box, they will have an early Christmas. There are many hazards when an animal (continued on page 3)

Holiday Tips for Animal Safety (continued)

opens their own presents. There may be more treats than should be eaten all at once. Sometimes goodies are commercially wrapped with foil, yarn, ribbons and string. These wrappings or decorative items can cause intestinal obstructions, requiring surgery.

You should never put boxes of chocolate under a tree or on a table within a dog's reach. Symptoms of toxicity include: tremors, seizures, hyperactivity, fast and irregular heart beat. <http://www.petmd.com/dog/chocolate-toxicity>.

Batteries for toys or other gifts are toxic and can cause intestinal obstruction. Batteries can be inserted in the gifts when the present is opened.

Make sure when you choose holiday gifts for your special pet that no small pieces can come off and be swallowed.

Decorations on a Tree

Decorating a tree with food is asking for trouble. Children love candy canes and gingerbread people and so do animals. Popcorn strings, cranberry garlands and decorations with raisins can cause problems. Raisins can cause kidney failure in dogs.

Chewing on electrical cords can cause problems. An animal can suffer a badly burned mouth, electric shock or electrocution.

Breakable glass tree decorations should be put higher on a tree or not at all. Tinsel is very dangerous if swallowed.

It is easy to have a stress-free holiday by thinking ahead, being aware of the dangers and planning to avoid potential hazards.

The California Animal Response Emergency System (CARES)

By Raji Shunmugavel

In many homes, pets are considered members of the family. Working animals provide valuable services to the community and production livestock contribute millions to the economy. It's no wonder then, that when a disaster strikes, people are very concerned about their animals. Studies have shown that people are reluctant to evacuate during a disaster without their animals.

Images of pets on roofs during floods make a lasting impression and cause people to ask, "What is being done for animals during disasters?" To answer, the State of California created the California Animal Response Emergency System through the joint efforts of the California Governor's Office of Emergency Services (Cal OES) and the California Department of Food and Agriculture (CDFA.) CARES is structured in accordance with the Incident Command System (ICS) and provides resources for the public, for animal businesses, for shelters, and for emergency planners once an incident escalates to a state-level emergency.

On Saturday, November 15, 2014, a limited number of CERT CMAP members were invited to participate in a training held at the North Net Fire Training Center in Anaheim. The training dealt with how to take care of animals during a disaster. Raji Shunmugavel and Linda Vollmar attended the class.

The four hour class was taught by John Lewis, an animal rescue technician from Animal Rescue and Recovery Coalition. A Federal Emergency Management Association (FEMA) video on the topic was shown and many handouts were distributed.

We were taught the importance of registering every animal when accepted into the shelter. Each animal has a chart and is identified so its problems, or lack of problems, are known to the shelter workers and veterinarians. On the chart is written all kinds of documentation about the animal—size, color, personality, injuries, and where the animal was rescued. Pictures are taken of each animal. The information on the charts is to help the animals, workers, and eventually reunite the animal with its owner.

The following topics were covered:

- CERT functions are caging, damage assessment, documentation and feeding.
- A scared, normally gentle animal could become vicious in a disaster.
- Transporting animals requires carriers, dog kennels and many other supplies.
- Transmission of diseases between animals was addressed. Volunteers need to know how to protect themselves against bacteria by wearing proper clothing -- heavy gloves, long sleeved shirts and sturdy footwear when caring for animals.
- A volunteer with animal response training is required to decontaminate the animal and administer proper vaccinations before returning it to its owner.
- Exotic animals must be documented and separated from the regular animals.
- We should all be prepared for the next disaster and that includes preparing to protect our animals. Here are some things to consider:
 - Identify a nearby emergency animal shelter location.
 - Ask neighbors or friends to evacuate your animals if you are away.
 - License your companion animals and make sure they can be identified (microchip, identification tags, tattoos, ear tags, etc.) so they can be reunited with you after the disaster.
 - Take pictures of you with your animal so you can show proof of ownership if you are separated during a disaster.
 - Assemble an animal disaster kit.

For more very interesting information on CARES, go to: <http://cal-cares.com>.



A life of service, a friend like no other. Duke took us to places we never dreamed possible. He did more good and healing in his short lifetime than many humans.

Our handsome soul-boy runs free at Rainbow Bridge. He lives in our hearts forever.

Lois and Herb Abrams

Duke, the Therapy Dog

CERT member, Lois Abrams and her dog, Duke, a Cavalier King George Spaniel, volunteered for Hope AACR (animal-assisted crisis therapy) whose motto is "Comfort in times of crisis". Dogs easily break down communication barriers and alleviate stress, providing a diversion from the pressure of past events. For that moment, people do not dwell on the negative--so they relax their body and mind.

Therapy dogs also help inspire and re-energize firefighters, which improves morale and mental balance, says Robert Lewin, of CAL FIRE. Those qualities are key to effective firefighting. "While waiting in food lines, getting supplies or attending briefings, they (firefighters) stop and pet these loving dogs. It reminds them that life is not always harsh and dangerous, but also joyful, soft and accepting" said Lewin.

Long-time CERT members will remember Lois and her dogs, Duke and Romeo, from when they participated in our activities. We send our sympathy to Lois and her husband, Herb, on the loss of their wonderful dog, Duke.

For information on Duke and therapy dogs, go to:
http://www.ckcsc.org/ckcsc/ckcsc_inc.nsf/Founded-1954/therapy.html

<http://www.crisisresponsecanines.org/response.html>



From The Huntington Beach Independent, Monday,
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Vet thinks inside the box for good of Old Glory

By Harold Pierce

November 5, 2014 12:42 p.m.



One day last spring, John Palmeri glimpsed hints of red, white and blue peeking from a trash compactor at a Home Depot in Huntington Beach where the Vietnam-era veteran was working.

Palmeri yanked the tattered American flag from the bin and marched to the store manager.

"I thought, 'This isn't right,'" Palmeri said. "This isn't what I fought for."

Proper retirement of American flags calls for a burning ceremony, something that most people are unaware of, Palmeri said.

The former Air Force serviceman had an idea.

With help from a few co-workers, discounted lumber from the store and a little ingenuity, Palmeri built a drop-off box for worn-out flags.

"Regular homeowners wouldn't have a clue of what to do with their own flags," said store manager Alan Losee, who also is a veteran. "This is something you won't see at every store, but it's something we did because J.P. [Palmeri] knows how to dispose of them."

Designing the box wasn't difficult for Palmeri. He fashioned it after a free-standing mailbox at the Newport Harbor Elks Lodge that was repurposed for retiring American flags.

"When John sees something, he's like a little bulldog," Palmeri's neighbor Dan Roach said. "He'll focus on things and get it done."

The box sat in the back of the Home Depot for a couple of months, collecting dust and not much else, until Palmeri moved it near the returns counter and slapped a sign on it reading, "Retire Old Glory here."

After that, "guys started coming out of the woodwork," Palmeri said. He collected about 100 flags in a month.

Tattered, torn and weathered flags are sent to the [Boy Scouts of America](#) for burning ceremonies. Those that Palmeri describes as in mint condition are saved and occasionally hung around his Huntington Beach condominium complex.

"He's very conscious of Americanism," neighbor Karen Johnson said.

When Palmeri sees a tattered flag around his complex, he quickly takes it down and hoists a new one, Roach said.

"He's just a real American patriot," Roach said.

Flag drop-off box

Location: The Home Depot, 19101 Magnolia St., Huntington Beach

Hours: 6 a.m. to 9 p.m. Mondays through Wednesdays, 6 a.m. to 10 p.m. Thursdays through Saturdays, 7 a.m. to 8 p.m. Sundays

Be Earthquake Prepared Year Round

By Stephanie Vazquez

While tremors are no stranger to Southern California, the Huntington Beach Office of Emergency Management and Homeland Security would like to remind you to be prepared and have an earthquake kit. A small earthquake was centered in Huntington Beach on November 10th 2014 and, while it was a small 1.8 magnitude quake, it was significant enough to have been felt and described as a quick jolt.

Earthquake preparedness is an important topic year round, and not just during the warmer months as a popular myth would like to suggest. Earthquakes can strike at anytime. The serene ambience of Huntington Beach may be deceiving at times, however, our back yard is laid upon 13 earthquake faults. As the holidays near, make sure to not only prepare your family, but give the gift of knowledge and educate your family, friends, and neighborhood on how to build an earthquake kit and be earthquake ready.

CERT Holiday Party

DATE: Saturday, December 13, 2014

TIME: 5:30 pm - 9:30 pm

***PLACE: Rodgers Seniors' Center
1706 Orange Avenue,
Huntington Beach***

***We will have a gift exchange. If you wish to participate, please
bring a gift (\$15 maximum -- please, no white elephants)***

***Main course Meats will be provided by the
Executive Board Members***

If your last name begins with the letter.....

M – R Please bring an Appetizer by 5:30 pm

G – L Please bring a Salad

S – Z Please bring a hot or side dish

***A – F Please bring a Dessert to be served after the gift
exchange***

***Please RSVP to [Paul LaGreek \(plml2k@verizon.net\)](mailto:plml2k@verizon.net) by December 1,
2014 indicating what dish you will bring and how many will be
attending in your party.***

No Alcohol allowed



T'was the Night for Fire Safety

author unknown

'T
w a s
the night
b e f o r e
Christmas,
when all through
the house ★ Not a
creature was stirring,
not even a mouse. ★ When
down through the chimney,
all covered with soot ★ Came
the "Spirit of Fire", an ugly galoot.
★ His eyes glowed like embers, his
features were stern ★ As he looked all
around him for something to burn. ★ What
he saw made him grumble-his anger grew
higher ★ For there wasn't a single thing that
would start a good fire. ★ No door had been
blocked by the big Christmas tree ★ It stood in the
corner, leaving passageways free. ★ The lights that glow
brightly for Betty and Tim ★ Had been hung with precau-
tion, so none touched a limb. ★ All wiring was new, not a
break could be seen ★ And wet sand at its base kept the tree nice
and green. ★ The tree had been trimmed by a mother insistent ★
That the ornaments used should be fire resistant. ★ The mother had
known the things to avoid, ★ Like cotton and paper and plain celluloid.
★ Rock wool, metal icicles and trinkets of glass ★ Gave life to the tree - it
really had class. ★ And would you believe it, right next to the tree ★ Was a
suitable box for holding debris ★ A place to hold wrappings of paper and string
★ From all of the gifts that Santa might bring. ★ The ugly galoot was so mad he
could bust ★ As he climbed up the chimney in utter disgust. ★ For the folks in this
home had paid
close attention ★
To all of the
rules of good
fire prevention.

CERT November 13 General Meeting





HB Hospital Flu Shot Drive



Neighbors-Helping-Neighbors

MISSION STATEMENT: The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below:

- Saturday, December 13, 10 AM to 1 PM

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

Upcoming Events & Activities

- No General Meeting in December
- December 13, 2014, 5:30pm CERT Holiday Party at the Rodgers Senior Center (watch for invitation information in your e-mail)

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HAPPY HOLIDAYS FROM BREVYN, STEPHANIE AND THE NEWSLETTER

IMPORTANT ANNOUNCEMENT!

CERT Website: www.huntingtonbeachca.gov/cert **CERT Contact:** CERT@surfcity-hb.org
CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)